

The healthy way to BBQ.

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The perfect way
to pack a healthy
lunch.

Commit to a
healthy lifestyle
year-round.

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Benefits of

Whole Grain

Whole Grains are an important part of a healthy diet, and the 2010 Dietary Guidelines for Americans recommends 48 grams of whole grains a day.

LEARN MORE > (/ABOUT/BENEFITS-OF-WHOLE-GRAIN/)

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